July/August 1991 Volume 16, Number 4

A summary of recent news stories from the University of California, San Francisco

UCSF

News for You

New Cochlear Implant for the Deaf

A 72-year-old San Mateo resident has become the first patient to be surgically implanted with a new multichannel, 16-electrode cochlear implant designed to give deaf people the ability to understand human speech. The device is based on 20 years of UCSF research.

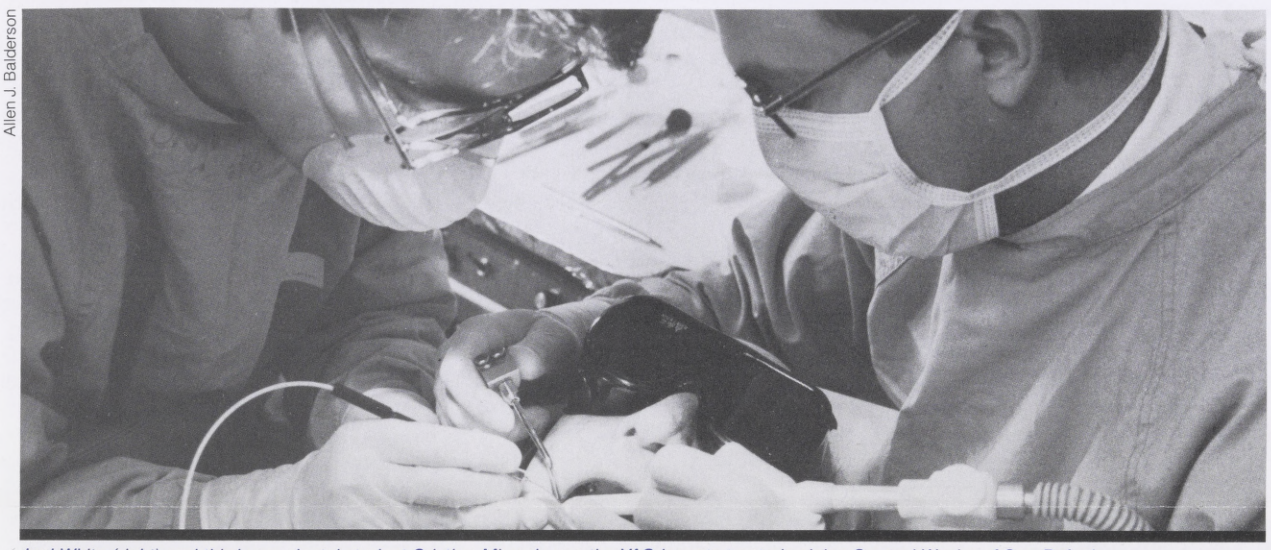
Otolaryngologist Robert Schindler, director of the UCSF Cochlear Implant Program, says the new device represents a "significant leap forward" over other devices of this type because its electric system can be customized for each patient. "This flexibility provides the greatest potential for the patient to understand speech, rather than just hearing sounds," he explains.

A total of 60 to 70 patients are expected to be implanted with the new device during clinical trials over the next one to two years. Trials will be expanded to other medical institutions by the end of the year.

The multichannel cochlear implant includes both internal and external components. After surgery, the device is custom-fit for each patient by adjusting the 16 internal electrodes for loudness and pitch range and programming them to receive different signals. The external sound processor is adjusted to find the electrical pattern that is most effective in producing speech recognition and sound clarity for the patient.

Lasers to Treat Dental Problems

Allen J. Balderson



Joel White (right) and third-year dental student Cristian Miranda use the YAG laser to treat physician Samuel Waxler of San Rafael.

UCSF School of Dentistry researchers have used for the first time the YAG laser to treat tooth surfaces. They found that when this pulsed infrared beam is applied to teeth it causes physical and chemical changes, which make teeth up to four times harder than normal.

The laser modifies the dentin—the portion of the tooth that lies under the surface enamel—to make it harder and improve the bond strength between the tooth and a filling.

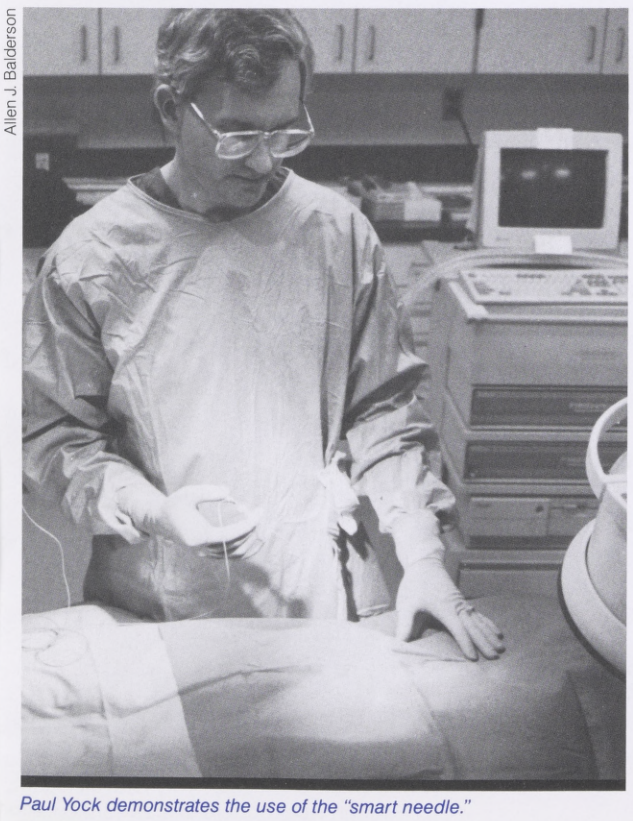
Transmitted through a quartz optical fiber the thickness of three human hairs, the laser removed first-degree caries (small lesions in the dentin that can develop into cavities) with greater precision than possible with the smallest dental drills, allowing treatment to begin at earlier stages of tooth disease.

According to Joel M. White, head of the research team, the investigators studied the effect of the laser on teeth which had been removed from patients' mouths for unrelated purposes.

Previous UCSF studies led to the routine use of the laser to treat gums and other soft tissues in the mouth because it is conservative, nondestructive and noninvasive. The studies also found that patients could, more often than not, tolerate laser treatments without anesthesia.

"Smart Needle" Guides Doctors Directly to Patient Blood Vessels

Allen J. Balderson



Paul Yock demonstrates the use of the "smart needle."

It is called the "smart needle." And rightly so. It has a tiny ultrasound transmitter mounted at its tip which allows physicians to find a patient's blood vessel in one try.

"This device allows us to go directly to the right place on the first attempt, pass through the front wall of the artery and stop. Without this device, it can take up to an hour of repeated needle sticks to find the blood vessel," explains UCSF cardiologist Paul Yock, inventor of the needle.

The "smart needle" locates the body's larger blood vessels, called central vessels, for the insertion of catheters used for procedures in emergency rooms, intensive care and coronary care units, cardiac catheterization labs, and diagnostic radiology labs.

Here is the way it works: Doctors insert a thin rod containing the ultrasound transmitter through the hollow center of a standard catheter needle. The transmitter, located at the end of the rod, emits a beam of high frequency sound waves about an inch to an inch-and-a-half directly ahead of the needle's tip. As the tip of the needle probes under the skin in the vicinity of a blood vessel, the sound waves scan the area like a flashlight beam in search of an artery. When the sound waves come into contact with a moving object they bounce back to the transmitter, which send the signal through an attached wire to a monitor. Doctors simply follow the sound directly to the artery.

In Brief

Synthetic Collagen for Wounds

UCSF biochemist Rajendra S. Bhatnagar and colleagues in the UCSF School of Dentistry have identified and synthesized a single, tiny segment of the collagen molecule which regulates how and where cells grow. This finding paves the way for developing materials to improve wound healing, bone and tissue repair, and even artificial organ implants.

This tiny segment, which the researchers have called Peptide-15, or P-15, because of its 15-amino-acid makeup, is unique because it acts as the trigger that allows collagen to regulate the growth pattern of cells. Migrating cells recognize this tiny segment (known as the "cell binding domain" of collagen) and behave differently after being exposed to it.

By grafting material infused with synthetic collagen onto the surface of an artificial organ or implant, natural tissue would be encouraged to surround the organ or implant and accept it as part of the body. In dentistry, the material might be used to help repair oral lesions or replace tissue lost as a result of gum disease.

A Fast-Recovery Anesthetic

An experimental anesthetic that allows faster recovery than current inhaled agents could replace today's standard anesthetic, especially in one-day outpatient surgeries. Studies have shown that the anesthetic, called desflurane, is eliminated from the body more rapidly than the current most widely used inhaled agent, isoflurane, and thus patients recover faster.

"It is a better drug than isoflurane, though it is not the perfect anesthetic," says UCSF anesthesiologist/physiologist Richard B. Weiskopf. The primary advantage of desflurane is that patients emerge from anesthesia two to three times faster than with isoflurane, on average.

The patient is awake and alert soon after surgery, and is able to leave the hospital sooner as well.

Director Named for New AIDS Institute

Noted molecular biologist Warner C. Greene, MD, PhD, a physician from Duke University, has been named director of a new institute of virology and immunology devoted to the study of AIDS. The institute, which will be an integral part of the Gladstone Foundation at San Francisco General Hospital, will be one of the largest virology/immunology research institutes in the U.S. dedicated to the study of human immunodeficiency (HIV) disease. Greene will begin his duties on September 1.

The announcement was made by Raymond Baxter, PhD, director of the S.F. Department of Public Health; Joseph B. Martin, MD, PhD, dean of the UCSF School of Medicine; and Richard Brawerman, a Gladstone Foundation trustee.

The institute is located on two new floors of an existing building at SFGH. The planning, design and construction of the new center, the second U.S. AIDS research facility outside of the National Institutes of Health, was funded by the California Department of Health Services at a cost of approximately $12 million. The Gladstone Foundation and UCSF will provide funds for additional construction and equipment. Gladstone will be responsible for the staffing and day to day operations.

More News for You
on the back page

What's happening

July/August 1991
A bimonthly calen
events at UC San

Summer Programs for Children & Youth

Discovery Day Camp. Children 7-12 explore nature and science at exciting locations around the Bay Area. Mon.-Fri., 8 a.m.-5 p.m. in two-week sessions through the summer's end. Call 476-1469.

Teen & Children's Recreation. Classes in tae kwon do and tennis, Game Day and Human Nintendo. Millberry Union Fitness Center, 500 Parnassus. Call 476-1115 for details.

Children's Summer Film Series. Fridays in Cole Hall, 513 Parnassus. Showtimes are 10:30 a.m., 1:30 p.m. & 6:30 p.m. Children 14 & under $2; UCSF students & Millberry Union members (with ID) $2.50; seniors & students $3; general $3.50. Grandparents go free when accompanied by grandchildren. For special group rates call 476-6761.

July 5
The Little Mermaid.

July 12
Fantasia.

July 19
Junglebook.

July 26
Rescuers Down Under.

Aug. 2
Ducktales: The Movie—Treasure of the Lost Lamp.

Women's Programs

Unless otherwise noted, events are sponsored by UCSF Women's Resource Center. For recorded program information call 476-0400. To pre-register call 476-5836.

Thurs., July 11
Simply Maria, or the American Dream. A teleplay examining a young Mexican girl's struggle to reconcile her traditional values with those in America. Toland Hall, 533 Parnassus. Noon-1 p.m.

Tues., July 16
Home Safety Tips. How to evaluate your home & make it safer. Sponsored by the UCSF Rape Prevention Education Program. Rm. 517, Nursing Bldg., enter through 521 Parnassus. Noon-1 p.m.

Tues., July 23
Great Shape: Enhancing Health, Fitness & Self-Esteem for Large Women. Rm. 303, Health Sciences West, enter through 513 Parnassus. Noon-1 p.m.

Sat., July 27
Basic Home Repair Workshop: Plumbing & Electrical. Rm. 517, Nursing Bldg., enter through 521 Parnassus. 9 a.m.-4 p.m.

Thurs., Aug. 8
Two Films: International Sweethearts of Rhythm & The Flapper Story. The first film tells the story of a multi-racial, all-women's jazz band in the 1940s. The second blends interviews & archival footage to examine the provocative new woman of the Roaring '20s. Rm. 302, Health Sciences West, enter through 513 Parnassus. Noon-1 p.m.

Sat., Aug. 24
Self-Defense Class for Women. $25-$50. Sponsored by UCSF Rape Prevention Education Program. Millberry Union Fitness Center, 500 Parnassus. Call 476-5222 to pre-register.

Breast Cancer Screening

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $50. Your physician's approval is required. For appointments call 476-2193 between 9 a.m. and 3:30 p.m. A $50 mammography screening also is available at the Mount Zion Hospital of UCSF Radiology Department. Call 885-7710.

July 1-3
Westlake Shopping Center. Daly City, on Park Plaza Dr. near Safeway.

July 5
UCSF-Mission Center. 1855 Folsom St., in parking lot behind building.

July 12
UCSF-Parnassus Campus. On Parnassus Ave. at Medical Center Way.

July 15-19
Marina Green. In parking lot near Goodwill shed & Fort Mason.

July 22-26
Palo Alto Senior Center. 450 Bryant St. For appointment call Ellen Dietrick at 327-2811.

July 29-Aug. 2
Embarcadero. On Drumm St. between Sacramento & Clay.

Aug. 5-7
Richmond District. On 7th Ave. between Geary & Clement.

Aug. 9
UCSF-Parnassus Campus. On Parnassus Ave. at Medical Center Way.

Aug. 12
Los Altos Senior Center. 97 Hill View. For appointment call Judy Sidebottom at 948-7483.

Aug. 13
Little House Senior Center. Menlo Park. For appointment call Maxine Beck at 326-2025.

Aug. 14-15
Twin Pine Senior Center. Belmont, 1223 Ralston in parking lot behind police station.

Aug. 19-23
Sunset District. On Irving St. between 25th & 26th Aves.

Aug. 26-30
UCSF-Laurel Heights. 3333 California St. in parking lot on left.

Personal Safety

Sat., July 27
Tear Gas Certification Class. Laguna Honda School Conference Room. 1350 Seventh Ave. 9 a.m.-noon. $20. Pre-registration required. Call Chris Yee at 476-5683 for information.

Survivors Support Group. Looking at how sexual assault can affect day-to-day life. Sponsored by Rape Prevention Education Program. Twelve consecutive sessions, 5:30-7 p.m. $5-$25. Call 476-5222 for date, location and to register.

The following presentations are available by appointment to groups in the community or at your workplace:

Crime Prevention. Presented by UCSF Police Department. Call 476-5683.

Personal Safety. Presented by UCSF Rape Prevention Education Program. Call 476-5222.

Volunteer Orientation

Program to acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Held in Rm. 192, Long Hospital (L) or Rm. 169, Moffitt Hospital (M), 505 Parnassus, on the Tuesdays listed below. For further information call 476-1196.

August 6, 9-11 a.m. (L)
August 20, 5:30-7:30 p.m. (M)

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-6430.

Wed., July 17
Youth & HIV. Panel discussion by young men & women with HIV & Youth Social Service Providers. A Living with HIV Public Forum. Rm. 125, UCSF-Mission Center Bldg., 1855 Folsom St. 7-9 p.m.

Sun., July 21
AIDS Walk. UCSF is once again participating in AIDS Walk San Francisco. If you would like to join the team, call Brenda Patterson at 476-8055.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS or ARC.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS, ARC or HIV infection, in a risk group or otherwise affected.

Blood Donation

Tues., July 9
Special Mobile Blood Drive. Blood may be given in the Irwin Memorial Blood Bank Donor Mobile outside Millberry Union, 500 Parnassus. 11 a.m.-5:30 p.m.

Brown Bag Lectures

A series of free lectures held weekly on Wednesdays at the Parnassus campus (P), Rm. 300, Health Sciences West, enter through 513 Parnassus; monthly on Thursdays in Rm. 125, UCSF-Mission Center Building (MCB), 1855 Folsom St.; monthly on Tuesdays in Herbst Hall, Mount Zion Medical Center of UCSF (MZ), 1600 Divisidero; and monthly on Mondays in the Cafeteria, UCSF-Laurel Heights (LH). All lectures held at noon, except the LH lectures, which are at 12:30 p.m. For further information call 476-4394.

Wed., July 3
We Live Too Short & Die Too Long. (P)

Mon., July 8
Dare to Do It: Mastering Risk. (LH)

Wed., July 10
Controversies in the Treatment of Rheumatoid Arthritis. (P)

Thurs., July 11
Health, Illness, Behavior & Emotions. (MCB)

Tues., July 16
Sleep Disorders: Causes & Treatment. (MZ)

Wed., July 17
Financial Comfort in Uncertain Economic Times. (P)

Wed., July 24
Human Organ Transplantation. (P)

Wed., July 31
Increasing Your Credibility through Body Language & Voice. (P)

Mon., Aug. 5
Highway Robbery: The Truth about Some of America's Auto Dealers. (LH)

Wed., Aug. 7
The Headache Hour. New treatments for headaches. (P)

Thurs., Aug. 8
Be Fit Every Day of Your Life. (MCB)

Tues., Aug. 13
Urinary Tract Infections: Can They Be Prevented? (MZ)

Wed., Aug. 14
The Fragile Coalition. AIDS & politics. (P)

Wed., Aug. 21
Building a Biomedical Empire: The History of Research & Education at UCSF. (P)

Wed., Aug. 28
The Power of Self Talk. The language of self-esteem. (P)

Institute of Healing Arts & Sciences

All talks are free and held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Call Marie Lehrer at 476-3939 for information and complete schedule.

July 12
What Do You Really Want Out of Life? Pursue Your Passion.

July 19
Can Women Grow without Threatening Men?

July 26
A Focus on a Peaceful Birth.

Aug. 2
Inner Courage/Inner Beauty.

Aug. 9
Inner Voices: How We Treat Ourselves & Learning to Love Ourselves.

Aug. 16
Creating Fulfilling Intimate Relationships.

Aug. 23
Ten Metaphysical Commandments for Perfect Health.

Multiple Helpers Outreach Network Support Group. Meets every Wednesday to address issues of Post Traumatic Stress Disorder, multiple personality & dissociative disorders & the healing of long-term psychic scars. Ages 18 & over. Rm. 517, Nursing Bldg., enter through 521 Parnassus. 7-10 p.m. For further information call the helpline at 759-7923.

Community Health Talks

A series of free lecture/discussions sponsored by Public Service Outreach Programs. Held on Thursdays at UCSF Laurel Heights (LH), 3333 California St., or the Parnassus campus (P) in Toland Hall, 533 Parnassus. 7-8:30 p.m. Free parking available. Call 476-8429 for details.

July 11
Is Your Home Safe? An Examination of Potential Hazards in Your Home. (LH)

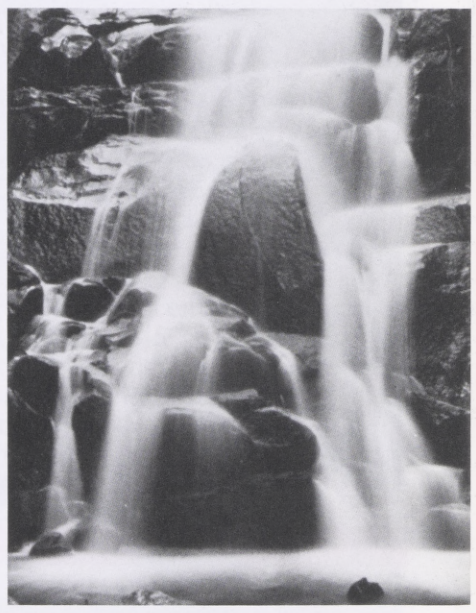
July 25
Emergency Preparedness for Home & Family. (LH)

Aug. 1
Is Your Home Safe? An Examination of Potential Hazards in Your Home. (P)

Aug. 8
Emergency Preparedness for Home & Family. (P)

Aug. 15
Accident Prevention for a Lifetime. (P)

Art Exhibits



Form—Of Man & Nature. Color and black and white photography by Steve August. Through Aug. 30. On display at the Faculty/Alumni House, 745 Parnassus. 9 a.m.-5 p.m. Call 476-4723.

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at UC San Francisco

Senior Health Education Program

Free lectures by UCSF staff geared to senior citizens. Schedules are subject to change. Call 476-4394 to confirm events.

Wed., July 3
Folk Medicine. St. Francis Senior Center, 152 Church St. 11 a.m.

Mon., July 8
Urinary Tract Incontinence. SF Downtown Senior Center, 481 O'Farrell St. 1 p.m.

Tues., July 9
Emergency Medical Response/Intro to CPR. Sunset Senior Center, 1090 Quintara. 12:15 p.m.

Fri., July 12
Glaucoma. St. Francis Meal Service, 432 Mason St. 10:30 a.m.

Mon., July 15
Music Therapy. Mission YMCA, 4080 Mission St. 1 p.m.

Mon., July 15
Helping Friends Who May Be Depressed. Rose Resnick Senior Center, 1299 Bush St. 1 p.m.

Tues., July 16
Use & Abuse of Drugs. Adath Israel Senior Program, 1851 Noriega St. 11:30 a.m.

Tues., July 16
Urinary Tract Incontinence. First Baptist Senior Adults, 21 Octavia St. 1 p.m.

Wed., July 17
Heart Care. Sixth Ave. Maison Senior Center, 490 6th Ave. 1:30 p.m.

Thurs., July 18
Helping Friends Who May Be Depressed. Recreation Center for the Handicapped, Herbst Rd. behind SF Zoo. 10 a.m.

Mon., July 29
Prevention of Assault. OMI Senior Center, 400 Randolph. 12:30 p.m.

Tues., July 30
Exercise. The Heritage, 3400 Laguna. 9:30 a.m.

Wed., July 31
Prevention of Assault. Bernal Heights Senior Program, 515 Cortland Ave. 12:40 p.m.

Wed., Aug. 7
Peripheral Arterial Disease. Aquatic Park Senior Center, 890 Beach St. 1 p.m.

Thurs., Aug. 8
Psychology of Aging. Senior Power/Thursday Club, Mendelsohn House, 737 Folsom. 1 p.m.

Thurs., Aug. 29
Chest & Respiratory Care. Seventh Ave. Presbyterian Church Senior Center, 1329 7th Ave. 1 p.m.

Recreation & Fitness

Have fun while staying fit this summer! Step aerobics, yoga, ballroom dance & Tai Chi Ch'uan are just a few of the classes offered at Millberry Union Fitness Center. Community registration for the **Summer '91 Miniseries begins Wed., Aug. 14,** at Millberry Union Fitness Center, 500 Parnassus. **Fall registration begins Tues., Sept. 24.** For more information and a free brochure call 476-1115.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, July 2, 9, 16, 23, 30 and Aug. 6, 13, 20 & 27. Meet in the lobby of Medical Sciences, 513 Parnassus. For further information call 476-4394.

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News and Public Information Services
513 Parnassus Avenue
San Francisco, CA 94143-0462

Their exaltation quickly turned to dejection. After two months, the fetus died.

A precious bond.

Lois Herman-Friedlander tenderly strokes seven-month-old Zoe's cheek as the pink-and-white clad infant sucks gently in reflex response. The contentment of mother and child is real and effortless, betraying none of the heartache that once made it seem so unlikely.

For Lois and her husband, Steven, the long, hard road began five years ago when they decided to start a family. When after six months, Lois still wasn't pregnant, she began taking hormones to regulate her ovulatory cycle. But despite timing intercourse to her ovulations—the optimum time for fertility—the couple remained childless.

Lois eventually underwent a radiological test called hysterosalpingography, or HSG for short, along with laparoscopy, in which a tiny camera is used to examine the uterus and fallopian tubes. The pessimistic diagnosis: blocked fallopian tubes.

The news upset Lois and Steven, because by then Lois was in her late thirties. A futile year and a half had just passed and as Lois recalls, "I didn't have a whole lot of time left."

Lois's gynecologist suggested in vitro fertilization. They knew that the chances for success were low and that the process is an ordeal, both physically and emotionally. Nonetheless, they took the chance and entered a program in the East Bay. Soon after starting the program—but before being implanted—Lois got pregnant the old-fashioned way, perhaps because the dye used in the HSG test had unblocked her fallopian tubes.

Lois and Steven were thrilled. But their exaltation quickly turned to dejection. After two months, the fetus died. To make matters worse, Lois failed to miscarry. She carried the dead fetus for two weeks before undergoing a procedure—known as dilatation and curettage or D and C—to remove it.

Such misfortune is enough to crush the spirit. But Lois and Steven persisted. They saw hope in Lois's pregnancy, despite the disastrous outcome.

In October 1989, Lois visited UCSF interventional radiologist Roy Gordon. She was referred to Gordon by the director of UCSF's in vitro fertilization program, Mary Martin, who suspected that Lois's fallopian tubes may have become reblocked. Gordon performs a relatively new procedure called recanalization, which involves clearing blocked tubes with a catheter. Another HSG test confirmed Martin's suspicion.

With Lois under local sedation, Gordon maneuvered a stainless-steel wire through her reproductive tract and into her fallopian tubes. He then slid a catheter over the wire, unblocking the tubes. Gordon, and Lois, watched his progress by way of a fluoroscope, which produces real-time, X-ray images on a monitor. The procedure lasted less than half an hour. And Lois went home that same day.

Five months later, Lois was again pregnant. And this time, the pregnancy went smoothly. The delivery, however, proved difficult. Lois labored for 33 hours with Zoe tangled sideways in her womb before finally undergoing a Caesarean section.

Fittingly, it was Thanksgiving Day.

—Marshall Krantz

Tom Wachs

To Our Neighbors

July/August 1991

New Cochlear Implant for the Deaf

Lasers Offer New Ways to Treat Dental Problems

Doctors Use a "Smart Needle" to Find Patient Blood Vessels

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513 Parnassus Avenue, San Francisco, CA 94143-0462

More News for You

UCSF/Giants Program Already Saves a Life at Candlestick

Allen J. Balderson

(Left to right) Anabel and Vernon Braun go back to Candlestick to be with life-saving team members—paramedic Stuart Beach, security guard Nick Griseao, physician Ellen Weber—and Candlestick's Jorge Costa.

Thanks to a new program involving UCSF and the San Francisco Gaints, Anabel Braun of the Richmond District is alive today. On April 15, Anabel and her husband Vernon were at Candlestick for opening night. As they were preparing to leave, Anabel collapsed and her heart stopped beating.

Candlestick security guard Nick Griseao immediately radioed Security Control, which in turn contacted the paramedics. They placed two paddles against her chest to shock her heart into beating again. A physician then arrived and injected her with high-dose epinephrine and lidocaine to keep her heart beating. She was rushed to the nearest hospital and lived.

All the people involved in saving Anabel's life were part of the UCSF/Giants program, which places an emergency physician at Candlestick every time there is a game. This doctor is specially trained to handle all types of medical emergencies, as opposed to a physician trained in a particular speciality.

"UCSF is training just about everyone who is involved with this total medical response," says Odelia Braun (no relation to Anabel), who is medical director of the Center for Prehospital Research and Training. UCSF schedules the emergency physicians, and many of the doctors come from the campus. All the paramedics and even the security guards are trained in CPR through UCSF.

UCSF's Ellen Weber was the emergency physician on duty the night that Anabel suffered what is technically called "ventricular fibrillation." "It all happened so fast," she says. "I was in the first aid station when I heard the call. When I arrived in the stands, the paramedics already had begun defibrillation. It was exciting for me to actually be there and to feel as though I made a difference."

"Because of this program, I can safely say that the Giants have reached the kind of medical response we can be proud of," says Jorge Costa, vice president, stadium operations and security.

Anabel's husband, Vernon, pretty much sums it up: "I am so thankful she still is around."

"Teacher for a Day" Winners

David Wong, Elaine Loy, Allan Gutierrez and Mei Yi Woo of Marina Middle School and Luke Bi, Jeff Siu of Lowell High School are the first place winners in UCSF's annual Science and Health Lesson Plan Contest. The Marina students' winning lesson was "Water Pollution in Our Nation" under the tutelage of their teacher Lorrain Perry, while Bi and Siu taught their classmates "Enzymes: The Natural Catalyst" under the direction of teacher Jim Carmack. Winning teams, who were announced at a UCSF ceremony on May 23, received $1,000 each, split between the school, teacher and students.

The contest was part of the larger Science and Health Education Partnership program begun four years ago at UCSF as a way to help teachers maintain quality science and health education in the public schools.

UCSF's Long Range Planning

UCSF's Planning Committee for the 21st Century has just completed the campus' academic mission statement, the first step in preparing a Long Range Development Plan—a campus master plan—for UCSF's next 15 years. The next step will be designation of facilities and resources needed to implement these academic goals. The UCSF Department of Community & Governmental Relations is beginning to talk to neighbors in each community as part of this ongoing planning process. If you would like more information, call Meredith Michaels at 476-3206.

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